



# Acton Council on Aging

At the Human Services Building & Senior Center

## MARCH 2023

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30 Sudbury Rd, Rear, Acton MA 01720  
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Facebook: [www.facebook.com/actoncoa](https://www.facebook.com/actoncoa)  
Website: [www.actoncoa.com](http://www.actoncoa.com)  
Town Website: [www.actonma.gov](http://www.actonma.gov)

### Opening Hours:

**Monday: 8:00am-5:00pm**

**Tuesday: 8:00am-7:30pm**

**Wednesday & Thursday: 8:00am-5:00pm**

**Friday: 8:00am-12noon**

## ☐► Beeyonder Virtual Walking Tour of Bologna from Home or Senior Center

**Wednesday, March 8<sup>th</sup>, 10:00-11:00am**

**Open to all seniors/free**



We have a partnership with Beeyonder, a platform for live interactive virtual travel experiences with qualified local guides in locations around the world! Tour guide Alessia will show you around the beautiful Italian city of Bologna, characterized by arcades from the Middle Ages (also known as porticos) and warm colors. You will visit the historic center, the beating heart of Bologna, with its famous seven secrets. While the city boasts medieval architecture, it is also a vibrant place that is home to many university students. It is rich in churches and cultural sites that should not be missed. Please register with the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652 and indicate if viewing from home or on a large screen at the Senior Center.

## ☐► Irish Voices Literary Reading and Celtic Harp Performance

**Monday, March 20<sup>th</sup>, 1:00-2:30pm**

**Open to out-of-town seniors for \$5**



Join us for a lovely afternoon celebrating Irish music, culture, and literature! Celtic harper and storyteller Jaimee Leigh Joroff will take us on a resonant journey through the history of the Celtic harp, share a look at the Celtic harp's history, Irish legends from the past, and play a few tunes. Then Stephen Collins will perform *Irish Voices*, a dramatic offering that celebrates Irish writers including Yeats, Joyce, Heaney, and McCourt. A great deal of Irish writing centers on the subjects of land, the past, the Church, and the political landscape. **Jaimee Leigh Joroff** is a former competitive Irish step-dancer and third-generation harpist. As a child she spent summers at her Godmother's white cottage in Sligo, Ireland, learning Irish fairy tales and legends of the landscape. She has studied the harp in America, Ireland, and Scotland, regularly performs at private events, and teaches Celtic harp. After a long sales career, **Stephen Collins** is doing what he truly loves—performing as literary luminaries and teaching literature classes.

### Director's Corner

The Friends of the Acton Council on Aging is a non-profit group that meets to discuss various ways they can support the Acton Council on Aging. The majority of the COA's lectures and programs are funded by the Friends. They have purchased equipment and furnishings over the years. They are responsible for the Boston Globe, Wall Street Journal and some magazine subscriptions delivered to our Center. We cannot thank them enough for what they do. They are in need of some new members to help with their endeavors. Please consider becoming a Friend. **Thank you, Sharon**

*Events requiring registration call the COA 978-929-6652, [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)*

- ☐► AARP Tax Prep Appts
- ☐► Artist's Way Group
- ☐► Ask the Lawyer, 3/21
- ☐► Book Group on Zoom, 3/14
- ☐► Caregiver Support Group
- ☐► Cassatt & Co., 3/29
- ☐► Hot Topics
- ☐► Irish Voices, 3/20
- ☐► Laugh for your Health
- ☐► Raking Day, 4/28
- ☐► Spring Poetry
- ☐► Memory Lane Café, 3/28
- ☐► Needle Felting Class, 3/15
- ☐► Tour of Bologna, 3/8
- ☐► Words Galore

### Meals

- ☐► St Pat's Day Lunch, 3/12
- ☐► Robbins Brook Lunch, 3/15
- ☐► Monthly Breakfast, 3/17
- ☐► Holi Celebration, 3/28
- ☐► Light Dinner, 3/28

*Call Acton Nursing Services, 978 929 6650 for programs on page 8.*

☐► indicates that you must register in advance, call 978-929-6652

## **A Ferocious Tenacity: The Saga of Ireland with Paolo Di Gregorio**

**Tuesday, March 14<sup>th</sup>, 1:00-2:00pm**

**Open to out-of-town seniors for \$5**



Join Paolo Di Gregorio for a presentation on Ireland's long, dramatic history. It is a story of warriors and priests, poets and politicians. Irish history is a colorful, tumultuous tapestry that has left a lasting legacy. This lecture delves into the trials and triumphs of Irish history, and the ferocious tenacity of the Irish people. *Paolo Di Gregorio is a historian, archaeologist and educator with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College.*

## **▣► From Winter into Spring with Poetry via Zoom from Home or Senior Center**

**Wednesdays, March 15<sup>th</sup> through April 5<sup>th</sup>, 9:30-10:30am**

**Open to all seniors/free**

Join Val Walker for a celebration of poems that take us from the windy, changing skies of March into the bright light of April. We will enjoy the works of a wide range of poets including William Wordsworth, Emily Dickinson, Robert Browning, Christina Rossetti, Sara Teasdale, Mary Oliver, Billy Collins, Claude McKay and more. You may participate from home or watch on a large-screen TV at the Senior Center. Sign up with the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652 and indicate whether you are participating from home or the Senior Center. A handout with all of the poems will be available in Senior Center reception or can be emailed. *Val Walker, M.S., is an author, educator, and consultant who enjoys sharing her love of poetry with others. She was a counselor for 20 years, is a contributing blogger for Psychology Today, and author of The Art of Comforting and 400 Friends and No One to Call.*

## **Food Safety Tips**

**Wednesday, March 15<sup>th</sup>, 11:00-12noon**

**Open to all seniors/free**

Join Deborah McLean, dietician with Minuteman Senior Services, for a discussion on food safety tips. Learn more about reading food dates, maximum storage times for food, recent statistics of foodborne illness in the United States, why older adults are at higher risk, and the four steps of food safety.

## **Java with John**

**Acton seniors only**

**Friday, March 17<sup>th</sup>, 9:45am**

John Mangiaratti, the Town Manager, will be at the Senior Center to keep you up to date on what is going on around Town, answer your questions and listen to your feedback.

## **▣► Ask the Lawyer**

**Tuesday, March 21<sup>st</sup>, 9:00-11:00am**

**Acton seniors only**

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Call the COA on 978-929-6652 to book an appointment.



## **Elvis Tribute Artist Performance with Calvin Benelli**

**Wednesday, March 22<sup>nd</sup>, 2:00-3:00pm**

**Open to all/free**



Acton's own Calvin Benelli will sing, dance and speak in true Elvis character. A fun performance not to be missed, this special event is sure to bring back fond memories of the King of Rock & Roll! His previous performances have been big hits! *Calvin Benelli is a college student who was involved in theater at Acton Boxborough Regional High School and is the son of our fitness instructor Yvonne.*

## **Stonehenge: An Epic Enigma**

**Thursday, March 23<sup>rd</sup>, 1:00-2:00pm**

**Open to out-of-town seniors for \$5**

Some 5,000 years ago, a Neolithic civilization in southern England erected the world's most famous standing-stone monument —yet why and how they built it remains a mystery. Join Kelly Beatty as he discusses the enigma of Stonehenge, including the latest discoveries. *Kelly Beatty has been explaining the science and wonder of astronomy to the public since 1974. An award-winning writer and communicator, he specializes in planetary science and space exploration as Senior Contributing Editor for Sky & Telescope magazine, and you'll occasionally hear him on The Weather Channel and National Public Radio.*



**▣► indicates that you must register in advance, call 978-929-6652**

## All Things Books with Acton Memorial Library



**Tuesday, March 28<sup>th</sup>, 11:00-12noon**

**Open to all seniors/free**

Join Zoey Mills from Acton Memorial Library (AML) to talk about all things book related! She will discuss the possibility of an AML librarian running a monthly book group at the Senior Center, some popular titles, book recommendations, and a brief overview of one of AML's free databases NoveList. Come for the meeting and stay for the Holi celebration at noon (see p.11)

### ▣► Cassatt & Company: The Women Impressionists with Jane Oneail via Zoom from Home or Senior Center

**Wednesday, March 29<sup>th</sup>, 1:00-2:00pm**

**Open to all seniors/free**

The visual arts revolution that was Impressionism is, too often, only understood only through the lens of the leading male practitioners—Monet, Renoir and Degas. How did the women Impressionists contribute to this novel style and how did their work differ from their male contemporaries? In honor of Women's History Month, Jane Oneail explores the paintings of Marie Bracquemond, Berthe Morisot, Mary Cassatt, and others and considers the unique challenges they faced as women artists in a male-dominated profession. Register at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652 and indicate whether you will be watching from home or on a big screen at the Senior Center. *Jane Oneail holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Education. She has worked at some of the New Hampshire's most esteemed cultural institutions, including the League of New Hampshire Craftsmen and the Currier Museum, where she founded the Alzheimer's Café. She has taught Art History at the college level for more than a decade, most recently at Southern New Hampshire University. Jane's presentations meet with rave reviews!*



### Irish Music in America Presentation

**Thursday, March 30<sup>th</sup>, 1:00-2:00pm**

**Open to out-of-town seniors for \$5**



John Clark's multimedia presentation on Irish Music in America will feature the best of the treasure trove of music that came with the influx of Irish immigrants. Early in the 20th century John McCormack was the most famous Irish tenor and early Broadway star Chauncey Olcott's life and songs inspired the film, *My Wild Irish Rose*. The songs *Danny Boy* and *Tura Lura Lura* also originated in the 1910s. Part-Irish crooner Bing Crosby recorded two albums of Irish songs in the 1940s and

scored big with hits like *Galway Bay* and *McNamara's Band*. Most of the songs you'll hear are either traditional Irish ballads or folk songs that tell dramatic and sometimes violent tales. Other Irish artists featured are the Dubliners, the Chieftains and the Clancy Brothers. So bring out the shamrocks and shillelaghs, pour me a Guinness and don't be forgettin' the wearin' of the green! *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

### ▣► ABRHS Senior Community Service Day - Raking for Senior Citizens

**Friday, April 28<sup>th</sup>, 9:30am-12:30pm**

The ABRHS students are once again offering this service. **Please sign up by March 12<sup>th</sup>.** Yards will be selected through a lottery and if successful we will contact you to let you know.

Donations to the ABRHS Community Service Programs can be made at

<https://unipaygold.unibank.com/transactioninfo.aspx?TID=30760>



**Please remember to sign in when you visit the Senior Center.** The data collected is helpful in so many ways; it is used for the State Annual report, it helps us identify which programs/classes/activities are well attended and which ones are not, we can track our busy times, demographics and it helps advocate for funding. Please click "visit" each time you come in. Ask at Reception if you need assistance or a new Senior Center card.

▣► indicates that you must register in advance, call 978-929-6652



## Arts & Crafts

### ☐► **Wool Needle Felting Art Class**

**Wednesday, March 15<sup>th</sup>, 1:00-3:00pm**

**Acton seniors only**

**\*Registration for this class begins Tuesday, March 7<sup>th</sup>, at 1:00pm by phone**

Magda Stilmant will lead this class where everyone will create and take home a framed wool felting piece depicting a landscape scene. Needle felting is the process of transforming wool in an art object using a barbed needed so that the fibers bond together. All supplies are included for a fee of \$45 payable to the instructor on the day of class (cash preferred). Please be aware that the needles used are quite sharp. Magda began felting as a creative outlet after she retired and downsized. She is self-taught and recently had a piece accepted into a juried art show and has had multiple exhibits including at the Senior Center and Acton Memorial Library. An image of the project will be available in the Senior Center reception area. **Registration for this class begins by phone on Tuesday, March 7<sup>th</sup> at 1:00pm: 978-929-6652.**

### ☐► **Watercolor Painting Class with Fran Hewitt**

**Tuesdays through March 7<sup>th</sup>, 9:30-11:30am**

**Acton seniors only**

Class ends this month and is currently full.

### **Drop-in Art**

**Tuesdays, 9:00-11:00am**

**Open to out-of-town seniors/free**

Come to the Senior Center and paint or draw with your peers. Please bring your own supplies.

### **Needle Arts Group**

**Open to out-of-town seniors/free**

**Wednesdays, 12:30-2:30pm**

This friendly, social group is open to anyone interested in gathering to sew, knit or crochet.



### **A Message from the Friends of Acton COA**

With your enthusiastic response to Tuesday evening dinners and programming, the FCOA is underwriting a dinner March 28<sup>th</sup> featuring a Raffle Basket and a piano concert April 18<sup>th</sup> with hors d'oeuvres and beer and wine.

With your continued financial support, the FCOA has enabled Acton to have the only local COA with free programming for its senior citizens.

**The Friends of the Acton COA will next meet Monday, March 13<sup>th</sup> at 1pm.**

**Thank you to....** Linda Kiernan, our new Reception volunteer – stop by and say “hello”;  
The AARP volunteers who are helping with the tax returns,  
Jim Yarin for coordinating the COA’s genealogy group each month,  
Ann Kulsick for organizing the monthly book discussion group over Zoom.



## Support Groups

### ☐► **Caregiver Support Group via Zoom**

**Tuesdays, 3:00-4:30pm**

**Open to all caregivers of older adults/free**

Join Julie Norstrand for this Caregiver Support Group that meets weekly via Zoom. New participants always welcome! Being a caregiver can be very challenging for many. You may feel stretched thin with the many demands you face, including work and family life. This can leave you feeling physically exhausted, isolated and alone. Julie has found caregiving groups to provide tremendous practical and emotional support to the members. She ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop as members gain each other's trust and friendship. The goal is to ensure that people feel heard and supported. If you are new to the group, please sign up with the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or call 978-929-6652. *Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and is on the Newton COA Board.*



## ☐► Memory Lane Café at the Acton Senior Center

**Tuesday, March 28<sup>th</sup>, 12noon-1:30pm**

**Open to all/free**

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others, enjoy lunch and an activity or entertainment together. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by the Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.

## Grandparents Raising Grandchildren Support Group at the Senior Center

**Tuesday, March 21<sup>st</sup>, 11:00-12noon**

**Open to all/free**

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

## Money Matters...

### ☐► AARP Tax-Aide Program

**Mondays, thru April 10<sup>th</sup>, 9:00am**

Call 978-929-6652 or email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Appointments are required, and a form must be completed before the appointment. This form is available electronically and in paper versions from Reception at the Senior Center. Taxpayers will need to leave their tax documents with the preparer and return later with a second appointment, for a review of the completed return. Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers. Taxpayers who are not fully vaccinated are expected to wear masks. Please bring a copy of last year's tax returns with you to your appointment. Priority will be given to Acton senior residents. Taxes are due this year by Tuesday, April 18<sup>th</sup> for Massachusetts tax payers.

### How to Save on Internet and Television Expenses

**Tuesday, March 21<sup>st</sup>, 5:30-7:00pm**

**Open to all/free**



Join Murray Bob for tips on cutting how much you spend on Internet and television. He will explain TV viewing options and ways to save on Internet service such as the government's Affordable Connectivity Program. Murray recently helped a woman who receives SNAP benefits (Supplemental Nutritional Assistance Program) reduce her \$220 monthly bill to zero! He has also found that some streaming services allow people to share an account, which is a great cost cutter. Murray encourages bringing along a family member who might help with the steps involved in making any changes.

### Real Estate Seminar: What to Consider Before Deciding to Sell

**Thursday, March 23<sup>rd</sup>, 11:00-12noon**

**Open to all seniors/free**

Heather Murphy, Realtor® with Keller Williams Realty, is offering a seminar for people contemplating selling their house in the next few years. She will discuss aspects that should be considered before selling your home. Attendees will better understand the whole picture, from decluttering to what updates will gain a better return on your investment. Time for discussion will be set aside. *Heather Murphy is a local real estate agent who grew up in Acton and is raising her three children here. Heather is a top agent in Acton, focusing on people in transition and helping them to put a clear plan in place, so the process of selling or buying real estate doesn't have to be as overwhelming.*



### Senior Real Estate Tax Relief

There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, veteran with a disability, or experiencing financial hardship in general. To find out if you qualify, visit the Acton town website and click on the "Quick Link" for Property Tax Relief Programs or call the Assessor's office for more details at 978-929-6621.

☐► indicates that you must register in advance, call 978-929-6652

## Movies

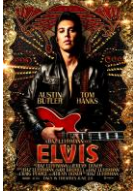


**Open to out-of-town seniors/free. Shown with closed captioning, when available. After being shown, some of the DVDs will be available to borrow from the resource shelf in the lounge. No movie on March 20<sup>th</sup>**

**Monday, March 6<sup>th</sup>, 1:00-2:45pm *Wild Mountain Thyme*** (2020, PG-13) A headstrong Irish woman, Rosemary Muldoon, is in love with her oblivious neighbor Anthony. The situation is further complicated when Anthony's handsome American cousin shows up after inheriting the family farm. Stars Emily Blunt, Jamie Dornan, and Jon Hamm. *This film viewing is in collaboration with the Acton Memorial Library.*



**Monday, March 13<sup>th</sup>, 1:00-2:45pm and Tuesday, March 14<sup>th</sup>, 5:00-6:45pm *Ticket to Paradise*** (2022, PG-13) A divorced couple travel to Bali to stop their daughter from marrying a man she just met on vacation. Romantic comedy starring Julia Roberts and George Clooney.



**Monday, March 27<sup>th</sup>, 1:00-3:40pm *Elvis*** (2022, PG-13) Biopic follows the story of legendary rock 'n roll star Elvis Presley as seen through the eyes of his controversial manager Colonel Tom Parker. Stars Austin Butler and Tom Hanks. Written, directed and produced by Baz Luhrmann. Received eight Academy Award nominations, including Best Actor for Butler and Best Picture.

**Monday, April 3<sup>rd</sup>, 1:00-2:35pm *Arthur*** (1981, PG) A heavy-drinking billionaire playboy (Dudley Moore) must marry a woman he does not love or be cut off from his fortune—but he's in love with a poor waitress (Liza Minnelli). Comedy won Oscars for Best Supporting Actor (John Gielgud) and Best Original Song.



## Games

### **Morning Open Activity Time**

***Weekday mornings, 9:00-11:30am***

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask your friends to meet here or make new ones!

**Open to all seniors/free**

**No activity time March 17<sup>th</sup>**



### **Drop-In Bridge**

***Wednesdays, 1:30-3:30pm***

The group is for people with an intermediate to advanced skill level and knowledge of conventions, partnership play, and bidding levels.

**Open to out-of-town seniors/free**

### **Mah Jongg Time**

***Mondays, 1:00-4:00pm for experienced players only***

***Thursdays, 1:00-4:00pm open to all skill levels***

The Thursday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

**Open to out-of-town seniors/free**

### **Chess Club**

***Thursdays, 1:00-4:00pm***

Players with some chess experience get together for games at the Senior Center. You only need to know the basics to play.

**Open to out-of-town seniors/free**



## **Volunteer Opportunity: Pool Instructor**



People are excited about the Senior Center's new pool table! Some folks would really like to play, but they either do not know how to play or they need a refresher. If you'd like to volunteer to teach others in the community, please contact Chris at the Council on Aging: [cchirokas@actonma.gov](mailto:cchirokas@actonma.gov) or 978-929-6652. Thank you!

## Groups

### ☐► Hot Topics Discussion Group **\*\*New!\*\***

**Wednesdays beginning March 15<sup>th</sup>, 10:30-11:30am**

**Open to all seniors/free**

This new group will meet weekly to discuss major current events issues. The group will be facilitated by Sal Lopes, but each participant will be encouraged to take on a “hot topic” of personal interest and lead the discussion for that meeting. The group will meet in the Senior Center dining room where coffee is available. Please sign up with the COA, so we can gauge interest!

### ☐► Book Discussion Group via Zoom

**Open to out-of-town seniors/free**

**Tuesday March 14<sup>th</sup>, 10:00am**

The discussion for this meeting will be around the life of Belle de Costa Green, having read the “Personal Librarian”, and or having read “An Illuminated Life”, or watched the You Tube video “The Private Lives of Private Woman of the Gilded Age”. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen’s Library (978-929-6654). If you would like to read ahead, “Circe” by Madeline Miller is for the April meeting. Ann Kulsick facilitates the virtual gatherings. If you are new to the group, please register by emailing [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Ann will send you the link in the week before the meeting.



### ☐► Words Galore via Zoom

**Open to all seniors/free**

**Thursdays through March 16<sup>th</sup>, 9:00-10:00am**

Join Val Walker via Zoom for this fun and lively hour of word play and brain twisters—a logophile’s paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. View from home only. Contact the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register to receive the Zoom link.

### Computer Club

**Wednesdays, March 8<sup>th</sup> and 22<sup>nd</sup> 1:30-3:00pm**

**Open to out-of-town seniors/free**

All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve any computer issues, from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with “how do I” frustrations. MAC and Chrome/Android users are welcome. If you are unable to attend in person and would like to talk with a club member via Zoom or phone, please contact the COA and we will forward your information.



### Genealogy Group

**Open to out-of-town seniors/free**

**Tuesday, March 14<sup>th</sup>, 1:00-2:30pm**

Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people. This month’s meeting’s show-and-tell topic is *CEMETERY/DEATH RECORDS*. Try to bring a document showing a death event/gravestone from your family’s history or your questions about those records (April: *Local Histories*). We will also identify members’ research “brick walls” to be worked on in future meetings.

### LitLovers Study Group: American Bestsellers

**Tuesday, March 28<sup>th</sup>, 2:30-3:45pm**

**Open to all seniors/free**

This month our group will view the 30-minute lecture from *The Great Courses* DVD *Bestsellers: The Books That Shaped America* on *Ragged Dick* by Horatio Alger Jr. We will discuss the lecture, the featured novel and the author. Copies of the book are on hold for group members at Acton Memorial Library. This group is facilitated by Program Manager Chris Chirokas.

☐► indicates that you must register in advance, call 978-929-6652



## Acton Nursing Services



For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, **Wednesday, March 1<sup>st</sup>. Call 978-929-6650 to register.**

### ☐► **Therapeutic Horticulture**

**Acton Seniors Only**

**Tuesday, March 14<sup>th</sup> 6:00-7:00pm, Wednesdays, March 8<sup>th</sup> and 22<sup>nd</sup>, 10:30-11:30am**

Star Magnolias. Wishing for spring, we will design with sola flowers and preserved leaves gilded with gold in a small bamboo container. All supplies are provided. Limit 12 participants per class.

### **Pelvic Health 101**

**Tuesday, March 28<sup>th</sup>, 6:00pm**

**All ages welcome**

Please join us for a special presentation.

Bre Meagher PT, DPT, RYT-500 is a licensed pelvic floor physical therapist and certified yoga instructor. Dr. Bre will be presenting on the breath, the mind-body connection as well as the roles and functions of the pelvic floor. Come to learn helpful tips to improve your pelvic health while learning between what might be common but not normal.

### ☐► **Meditation and Gentle Chair Yoga**

**All ages welcome**

**Tuesday, March 28<sup>th</sup>, 6:00-7:00pm**

Meditation is about developing calmness, practicing awareness and decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension and create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS.

### ☐► **Podiatry Clinics**

**Acton Seniors Only**

**Appointments: Thursday, March 9<sup>th</sup> and 16<sup>th</sup>, 12:30pm-4:30pm. Tuesday, March 21<sup>st</sup> 2:00-7:00pm**  
**Call 978-929-6650 to make an appointment.**

*Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$45. Please be advised that there is a \$45 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check; please make checks payable to Footcare Focus LLC. Acton Nursing Services is happy to provide space for the Podiatry Clinics for the benefit of our residents.*

### ☐► **Maintenance Balance Training** *Sponsored by an Anonymous Donor* **Acton Seniors only**

**Tuesdays, ongoing, 11:00am Call 978-929-6650 to register**

**Wednesday, ongoing, 12:30pm Call 978-929-6650 to register**

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6-week Balance Matters! Each class is independent of the other but you **MUST** have attended the Balance Matters! 6 week sessions to join. Call 978-929-6650 to register.

### **Monthly Wellness Discussion: High Blood Pressure**

**Wednesday, March 22<sup>nd</sup>, 11:00am.**

Please join Jill Salamon, Public Health Nurse, for a discussion on High Blood Pressure. We will talk about the definition of hypertension; causes risk factors, long term consequences, treatment and prevention. We will finish with a guided visualization exercise. Blood pressure can be checked as well!

**Wellness Clinics –1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, March 1<sup>st</sup> and 15<sup>th</sup>, 10:30-12noon,**

The Acton Nursing Services' Public Health Nurse, Jill Salamon can check blood pressure, weight and answer any medication, nutrition and health related questions you may have. No appointment required

**Durable Medical Equipment for Loan** – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise at 978-929-6650.

**☐► For Nursing programs please call 978 929 6650**



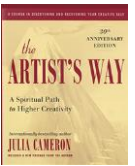
## Mind, Body and Spirit

### ▣► **The Artist's Way Book Group**

**Thursdays, through May 4<sup>th</sup>, 11:00-12noon**

**Open to all/free**

This group started last month and is meeting weekly to work through the book *The Artist's Way* by Julia Cameron. The book offers a spiritual path to higher creativity, teaching techniques to gain self-confidence in harnessing creative talents and skills. It is one of the most popular self-help books of all time. The group will cover one chapter each week to discuss. There will be homework, mostly reading the chapters ahead of time. Register with the Council on Aging, but if you'd like to reserve a copy of the book call Tracy Woods at 978-687-4288 ext. 172. Group is facilitated by Tracy Woods, a certified Older Adult Peer Specialist and is a joint venture between the Acton Council on Aging and the Lawrence Recovery Learning Community.



### ▣► **Laugh For Your Health via Zoom with Susan Phillips**

**Thursdays, 11:00-11:45am, ongoing**

**Open to all seniors/free**

Time to shed some stress and get refreshed! Group meets weekly via Zoom and the focus is on cultivating joy, ease, and warm connection—through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. This practice is called Laughter Yoga, but there are no mats or yoga poses. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. View from home only. If you are a new participant, email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to receive the Zoom link, which is recurring, or you can view the link in the News section at [www.actoncoa.com](http://www.actoncoa.com). Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.

### **Gym Hours & Monitoring**

**Open to Acton seniors only**

\*Hours are: Monday, 9:00-1:00pm Tuesday, Wednesday, Thursday 9:00am-12:00pm, and Friday 10:00am-11:00am. Gym users are expected to sign up to monitor the gym. You will be required to be on our sub list if you have no assigned monitor hour. Everyone using the gym needs to be trained to use the equipment and learn how to monitor the gym. Please call if you are interested and we can sign you up for training. \*Hours are subject to change. You can call us at 978-929-6652 to confirm the current schedule.



### **Exercise Classes**

- Exercise classes are limited to Acton residents age 60 and up
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- Bring clean, supportive shoes to change into for class, especially important at this time of year
- All attendees must have an exercise class waiver on file and up-to-date emergency contacts.

### **Active Aging with Terri Zaborowski**

**Mondays through March 27<sup>th</sup>, 8:30-9:30am**

**No class on March 6<sup>th</sup> and 20<sup>th</sup>**

**Tuesdays through March 28<sup>th</sup>, 9:45-10:45am**

**Thursdays through March 30<sup>th</sup>, 9:45-10:45am**

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio



training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

### **Tai Chi with Linda Sango**

***Mondays through March 27<sup>th</sup>, 11:00-12noon***

This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote´ since 2002 and has been teaching classes to seniors since 2010. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*



### **Senior Fitness with Terri Zaborowski**

***Tuesdays through March 28<sup>th</sup>, 8:30-9:30am***

***Thursdays through March 30<sup>th</sup>, 8:30-9:30am***

***Wednesdays through March 29<sup>th</sup>, 8:30-9:30am***

***Fridays through March 31<sup>st</sup>, 8:30-9:30am***

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center.

### **Wellness Yoga with Patsy Brightman**

***Wednesdays through March 29<sup>th</sup>, 10:00-11:15am***

***The last Wednesday of each month is a healthy joint class***

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional, especially for joint class). The last Wednesday of each month is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls.

Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested.

*Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*



### **Thursday Tai Chi Practice**

**Open to out-of-town seniors/free**

***Thursdays, 11:00-12noon***

Those who practiced the specific form previously offered in the Thursday 11:00 Tai Chi class are welcome to use the Senior Center space to practice together.

### **Stretch and Flex with Terri Zaborowski**

***Thursdays through March 30<sup>th</sup>, 3:00-4:00pm***

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.



## NouVonne Fitness with Yvonne Benelli

**Fridays through March 31<sup>st</sup>, 10:00-11:00am**

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training (on land and in water).*



## Meals and Refreshments at the Senior Center



**Sign up for all meals/refreshments at 978-929-6652.**

**Drop-in Continental Breakfast** available Monday-Friday, 8:30-10:00am in the dining room for \$1.00. A variety of items will be available each day. No need to register ahead of time.

### ☐► **Acton Lions Club Annual St. Patrick's Day Luncheon**

**Sunday, March 12<sup>th</sup>, 1:00-2:30pm**

**Acton & Boxborough Seniors only**

Everyone's Irish on St. Patrick's Day! A traditional corned beef and cabbage lunch will be prepared and served by Lions Club members at the Acton Senior Center. It is free and open to seniors from Acton and Boxborough only. Please sign up by March 9<sup>th</sup>. Thank you and welcome back to the Lions Club members for providing great food to our seniors this year!



### ☐► **Monthly Lunch by Benchmark Senior Living/Robbins Brook**

**Wednesday, March 15<sup>th</sup>, 12noon**

**Open to out of town seniors**

Join us for Ham & veggie quiche, salad, roasted red potatoes, roll, and brownie. A \$3.00 donation is requested. Sign up is required.

### ☐► **Monthly Breakfast**

**Friday, March 17<sup>th</sup>, 9:00am**

**Acton seniors only**

Join us for a warm, delicious breakfast which may include French toast, scrambled eggs, fruit, bacon or sausages prepared by Veteran Services Officer James MacRae. Cost is \$3.00. Sign up required.

### ☐► **Holi Celebration: Indian Lunch and Presentation**

**Tuesday, March 28<sup>th</sup>, 12noon**

**Open to all seniors**

Enjoy a three-course vegetarian lunch featuring Indian cuisine and learn about Holi! At noon there will be a presentation about this spring Hindu festival. Lunch will be served at 12:30. \$2 donation suggested. *This celebration is offered by the Friends of Indian Senior Citizens Organization in partnership with the Acton Council on Aging and is funded by Emerson Hospital.*

### ☐► **Dinner from Not Your Average Joe's**

**Tuesday, March 28<sup>th</sup>, 5:00pm**

**Open to out of town seniors**

Enjoy meatloaf, mashed potatoes, green beans and dessert from Acton's Not Your Average Joe's. Please sign up by March 14<sup>th</sup>. This meal is 'eat in' only and \$5.00 is requested per meal. The Friends of the Acton COA will be subsidizing the remainder of the cost.

☐► indicates that you must register in advance, call 978-929-6652



## Support and Services



### **Lunches at the Senior Center**

**Birthday Lunch, Thursday, March 9<sup>th</sup>, 12noon.** Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098 and let him know if it's your birthday month.

**Minuteman Senior Services** are serving congregate lunches Monday thru Thursday at noon. Grab and go lunches will continue to be offered including Fridays. Sign up with John, the dining room coordinator, in person or at 781-221-7098 by 11:00am the day before. Voluntary donation is \$2.00.

**Frozen Meals** -Every week we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk.

**Meals on Wheels** Minuteman Senior Services, visit [www.minutemansenior.org](http://www.minutemansenior.org) or call 781-272-7177, toll free (888) 222-6171. For menus ask in the dining room (781-221-7098) or see our newsletter online.

**Healthy Helpings** - the COA in partnership with **Open Table**, funded by CHNA 15, is offering seniors Healthy Helpings Meal packages. Packages to be picked up at 2:00pm, 2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month. This program follows the American Heart Association's recommended eating plan. If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652.

**Acton Food Pantry** - 978-635-9295, 235 Summer Road, Boxborough.

10am-7pm Wednesday and 9:30-11:30am Thursdays. CLOSED WEEK OF 4<sup>th</sup> WED. EVERY MONTH.

**Open Table Pantry**, 33 Main Street, Maynard, call 978-369-2275, Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.

**South Acton Church** (35 School Street) has a free Mini Pantry on the side lawn. Available 24 h/day.

**Mount Calvary Community Supper, Menu for March**

472 Massachusetts Ave. *Wednesdays; 4:45-5:45pm, doors open at 4:15pm.*

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email [bhutchings@actonma.gov](mailto:bhutchings@actonma.gov) to enquire of available services, such as:

**SHINE**, Serving Health Insurance Needs of Everyone Program (1-800-243-4636) **SNAP**, Supplemental Nutrition Assistance Program and **LIHEAP**, fuel assistance, call Beverly for information, 978-929-6652.

### **SMOC Home Fuel Assistance Program**

The program is designed to help low-income people afford the cost of heat in the winter months November 2022 – April 2023.

**Prescription Advantage** is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00am - 5:00pm, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).

### **Medicare Advantage Plan Open Enrollment ends March 31<sup>st</sup>, 2023**

*This is an opportunity for consumers to switch to a different Medicare Advantage Plan or move from Medicare Advantage back to original Medicare and join a separate Part D drug plan.*

**Minuteman Senior Services**, our State Home Care, provides a variety of services including:

**Care Management** - In home assessment and support activities of daily living and Meals on Wheels. Call (781)-272-7177, toll free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org)

### **Help Line Numbers**

**Social Security** 1-800-772-1213, TTY 1-800-325-0778

**Medicare** 1-800-633-4227, TTY 1-877-486-2048

**Alzheimer's Association** Helpline 1-800-272-3900, Grief Counselling 978-774-5100

**Natl. Suicide Prevention** 1-800-273-8255 or 988 **Natl. Domestic Violence Hotline** 1-800-799-7233

**Natl. Alliance on Mental Illness (NAMI)** 781-982-3318 –

**Massachusetts Council on Gaming & Health**, 1-800-426-1234.

**Mental Health Resources**

Number of People in Household /Income per Household	
1	\$42,411
2	\$55,461



## The Massachusetts Senior Legal Helpline for low-income seniors

1-800-342-5297 Monday-Friday 9:00am-12noon.

Topics for which seniors can access assistance may be limited.

**Dial-A-Lawyer: Free Legal Advice by Phone for Elders**, on the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711.



**Ask the Lawyer:** free 20-minute appointments with a local elder law specialist, every other month at the Senior Center. Ask the Lawyer is available in March, see page 2 for details.

**Veteran Services Officer for Acton and Boxborough**, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to.

Reach out to him at [vso@actonma.gov](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat.



## **TOWN OF ACTON SERVICES INFORMATION, 978-929-6600,**

**Acton PD** would like to make seniors aware of a scam which may affect those with grandchildren. Scammers are gaining access to personal information and then either imitating a grandchild or someone on their behalf asking for money following an accident. In some cases they are even sending a courier to pick up the cash. **HANG UP!** Contact Acton PD on the non-emergency number **978-264-9638** if you would like further advice. Check out <https://www.fcc.gov/watch-out-grandparent-scams>.

**The COA Handy Helper Program** helps Acton seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer issues and more. This is not an emergency service. Call the COA at 978-929-6652 to make a request, or if you would like to volunteer as a 'Handy Helper'.

**Transportation** You can take the van from home to the Senior Center! Door-to-door services are in operation. Call the town hotline, 978-929-6600 for more information, or see the COA website. To schedule rides, **call 978-844-6809** during normal business hours. Plan ahead and book your ride at least 24hours in advance.

**Town Planning Department** Planning Office hours are 2:00-4:00pm Mondays. Residents are welcome at other times but staff availability may be limited.

**South Acton Vision and Action Plan:** this covers the area around the commuter rail station. For updates visit the website [www.mapc.org/resource-library/south-acton-plan/](http://www.mapc.org/resource-library/south-acton-plan/)

**Kelley's Corner Infrastructure Project:** this project is now underway and "*moving in positive directions*". For updates, plans, pictures and notice of pedestrian detours visit [www.actonma.gov/kc](http://www.actonma.gov/kc)

**Powder Mill Rd Corridor Initiative:** this Maynard/Acton collaboration will work on re-zoning this route with a view to creating a vibrant and welcoming environment for residents and businesses. Follow the project at <https://www.mapc.org/resource-library/powder-mill-road-corridor-initiative/>

### **Town Elections Tuesday, April 25<sup>th</sup>, 7:00am-8:00pm.**

In-person voting for all districts at the R.J.Grey Junior High School, Charter Rd, Acton.

Last day to obtain nomination papers=Friday March 3<sup>rd</sup>, 12noon,

Last Day to submit papers to the Board of Registrars for certification =Tuesday March 7<sup>th</sup>, 7:30pm

Last Day to Object or Withdraw = Thursday, March 23<sup>rd</sup>, 5:00pm

Last Day to Register to Vote in Annual Town Election = Friday April 14<sup>th</sup>, 5:00pm

Last Day to Apply for Vote by Mail Ballot = Tuesday April 18<sup>th</sup>, 7:30pm

Absentee / Vote by Mail Applications for the Annual Town Election are available at the link below.

Applications may be submitted to Town Clerk, 472 Main Street, Acton, MA 01720

Application Link: <https://www.sec.state.ma.us/ele/eleabsentee/absidx.htm>

[For full details of election](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> 8:30 Active Aging 9:30:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	<b>28</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 3:00 Caregivers Support Group via Zoom 2:00 Protection from Medicare Fraud 2:30 LitLovers Group 4:45 Light Dinner 5:00 Movie	<b>1 March</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	<b>2</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>3</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness
<b>6</b> 9-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg  <b>NO ACTIVE AGING</b>	<b>7</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 3:00 Caregivers Support Group via Zoom	<b>8</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:00 Beeyond Tour of Bologna 10:30 Therapeutic Horticulture - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge	<b>9</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 12:00 MMSS Birthday Lunch 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>10</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness  <b>Sunday 12</b> ** clocks spring forward** 1:00 St Pat's Lunch
<b>13</b> 8:30 Active Aging 9-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Friends of COA Mtg 1:00 Movie 1:00 Mah Jongg	<b>14</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 Book Discussion Group via Zoom 10:00 COA Board Mtg via Zoom 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 1:00 The Saga of Ireland History Talk 3:00 Caregivers Support Group via Zoom 4:30-6:30 Art Reception 5:00 Movie 6:00 Therapeutic Horticulture - ANS	<b>15</b> 8:30 Senior Fitness 9:30 Spring Poetry via Zoom 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 10:30 Hot Topics Discussion Group 11:00 Food Safety Tips 12:00 Robbins Brook Lunch 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Needle Felting Art Class 1:30 Drop in Bridge	<b>16</b> 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>17</b> <b>Center closes at 12</b> 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 NouVonne Fitness
<b>20</b> 9-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Mah Jongg 1:00 Irish Voices + Harp  <b>NO ACTIVE AGING</b> <b>NO MOVIE</b>	<b>21</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:00 Ask the Lawyer Appointments 9:45 Active Aging 11:00 Grandparents Raising Grandchildren 11:00 Maintenance Balance – ANS 3:00 Caregivers Support Group via Zoom 5:30 Save on Internet & TV Costs	<b>22</b> 8:30 Senior Fitness 9:30 Spring Poetry via Zoom 10:00 Wellness Yoga 10:30 Therapeutic Horticulture - ANS 10:30 Hot Topics Discussion Group 11:00 High Blood Pressure Talk - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge 2:00 Elvis! Performance	<b>23</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Real Estate Talk 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Stonehenge Talk 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>24</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness



Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> 8:30 Active Aging 9-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	<b>28</b> 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 All Things Books with the AML 12:00 Memory Lane Café 12:00 Holi Celebration Lunch 2:30 LitLovers Group 3:00 Caregivers Support Group via Zoom 5:00 Not Your Average Joe's Dinner 6:00 Pelvic Floor 101 – ANS 6:00 Meditation & Chair Yoga - ANS	<b>29</b> 8:30 Senior Fitness 9:30 Spring Poetry via Zoom 10:00 Wellness Yoga 10:30 Hot Topics Discussion Group 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Cassatt & Co. Art Talk via Zoom 1:30 Drop in Bridge	<b>30</b> 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Irish Music with John Clark 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	<b>31</b> <b>Center closes at 12</b> 8:30 Senior Fitness 10:00 NouVonne Fitness

*ANS = programs provided by Acton Nursing Services. Call 978-929-6650 with questions or to register.*

*Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we deliver the program. Follow us on Facebook for updates. The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider.*

*For movie titles see page 6. Reservations are required for all meals except the daily continental breakfast which is served 8:30-10:00am.*

*Minuteman Senior Services offers lunch every week day – see page 12 for details. Access to the Pool table is available every day.*



**This March the following activities are supported by the Friends of the Acton COA:** Elvis performance, watercolor class, A Ferocious Tenacity, Cassatt & Company, Beeyond Virtual Tour of Bologna, needle felting class, Irish music presentation, From Winter to Spring Poetry, Words Galore, Irish Voice & Harp performance, Stonehenge presentation, and Tai Chi class.

### Help Us Help You!

**Have your contact details changed or do your emergency contacts need updating? Stop by the front desk and have us update your information.**



Donations are always gratefully received of individually wrapped candy and k-pods for the Keurig. Please hand in any donations at the Reception desk.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>	<i>Ellen Feinsand, Chair</i>	<i>Ann Corcoran</i>
<i>Rosie Atherton, Office Manager</i>	<i>Lori Cooney, Secretary</i>	<i>Alma Sandman, Vice Chair</i>
<i>Chris Chirokas, Program Manager</i>	<i>Emi Azar</i>	<i>Chunsheng (Bill) Fu</i>
<i>Bev Hutchings, Senior Services Coordinator</i>	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
<i>Rose Murphy, Human Services Customer Service &amp; Communication Assistant</i>	<i>Michael Chautin</i>	<i>Niru Velankar</i>
<i>Bernice Nicoll, Activities Assistant</i>	<i>The Friends and the Board will next meet:</i>	
<i>Fiona Starr, COA Customer Service Coordinator</i>	<i>COA Board, Tuesday, March 14<sup>th</sup>, 10:00am- this</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	<i>will be virtual – call the COA or see below for details</i>	
	<i>COA Friends, Monday, March 13<sup>th</sup>, 1:00pm</i>	

## Additional notices not in the paper copy of the newsletter!

The **COA Board** wishes you a delightful start to spring with high hopes for good weather. March is when tax season is in high gear and you may want to get help with the AARP Tax Help service. Details are available from the Senior Center if you are looking for a free appointment. March also is when buds start to bloom and we encourage you to get outside and take a walk and also to join an activity in person at the Senior Center or online (just in case it rains or is chilly!). Looking forward to seeing you soon in and around Acton.

Stay healthy!

COA Board

COA Board meeting via Zoom Tuesday, March 14<sup>th</sup>, 10:00am Please use the link to join the webinar:

<https://tinyurl.com/2zz6n4pb> or telephone: US: +1 301 715 8592 or +1 646 876 9923 Webinar ID: 833 9842 6076

Passcode: 644937



### 2ND CHANCE!

If you weren't able to submit a "treasured" or "one of your favorite" recipes several months ago, you are in luck as we are trying to add more recipes to our collection.

If you submit one (or several) recipes you will receive a recipe book with all that we have collected.

It's always fun trying out a new dish and adding a little spice to your life!

Thank you!



This March, Minuteman Senior Services will be celebrating March for Meals, an annual month-long event designed to celebrate Meals on Wheels and Senior Nutrition Programs across the country. In honor of March for Meals, Minuteman Senior Services will be hosting a special luncheon in the upcoming weeks. All community members are welcome to join us for lunch, treats, and special guests! For more information about the March for Meals luncheon, please call 781-221-7098 or look out for a flyer posted at the Council on Aging.

**Nahid Reed is exhibiting her watercolors through March. Everyone is invited to attend her Art Reception on March 14<sup>th</sup>, at 4:30pm.**

### FREE ENGLISH LANGUAGE COURSES OFFERED BY GREAT ROAD CHURCH

Starting the first week in March, Great Road Church is offering three free English Language courses to the community. These include an in-person beginners English course on Wednesday evenings, an online upper beginner English course on Tuesday evenings, and the opportunity to meet one-on-one with a conversation partner to practice and develop English speaking skills. The courses will run for 8 weeks through March and April. For a full description of courses and to register, visit [greatroadchurch.org/ell](http://greatroadchurch.org/ell) or email Erica at [ell@greatroadchurch.org](mailto:ell@greatroadchurch.org). The church is located at 255 Great Road in Acton across from Donelan's grocery store.

**February highlights** included Neal Rantouil, celebrated photographer hosted a gallery talk to discuss his displayed work.



Ben and Brad delighted with the second part of their Judy Garland tribute.



Paolo Di Gregorio brought his presentation on the Spanish-American War to the Center much to the interest and curiosity of audience. Paolo will be presenting again in March – this time on the topic of Irish history. Always a fascinating and informative hour.

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